

Lewinsville Senior Center

The Small Town Center Where Everyone Knows Your Name!



October & November 2006

**1609 Great Falls Street
McLean, VA 22101
Phone 703-442-9075, TTY 711
Fax 703-748-1829**

Website: www.fairfaxcounty.gov/rec
E-mail: ruth.tait@fairfaxcounty.gov

We Are Open Monday - Friday from 9 a.m. - 4 p.m.
Ruth Tait, Director
David Leedy, Assistant Director





BIRTHDAY CELEBRATIONS

Please join us in celebrating the birthdays of our friends on October 30, & November 30, 2006. The party be at 12:30 p.m., following lunch.

October

01: Rita Arzt
02: Margaret Horton, Georges Jacob
07: Harold Skean
08: Beverly Ashley
10: Ernest Hoffmann
12: Helen Carter, Grace Taylor
14: Hope Huertas
15: Mohammad Ghanipour
18: Peggy Cipyak
20: Joseph Peters
22: Blanche Gorecki
23: Helen Doley, Ann Viasavijevich
28: Edward Thomas

November

03: Dorothy Weakley
04: Hazel Greer
09: Juanita Mays
11: Teresita Lim
12: Itala Diaz
15: Rosario Hsieh, Thelma Schaeffer
17: Gita Samanta
27: Betty Pelletier
29: Helen Doley

TRIPS OF NECESSITY

Reservations are required in advance. There is a \$1.00 bus fee. Lunch on your own, or as noted.

Friday, October 06, 2006

10 a.m. - 2 p.m. Shop at Wal*Mart
lunch on Your Own

Friday, October 13, 2006

10 a.m. - 2 p.m. Shop at Factory Card Outlet
lunch at I. H. O. P.

Friday, October 20, 2006

10 a.m. - 2 p.m. Shop at Target
lunch at Harvest Moon

Friday, October 27, 2006

10 a.m. - 2 p.m. Shop at Fair Oaks Mall
lunch on Your Own



Friday, November 03, 2006

10 a.m.-2 p.m. Shop at K-Mart
Lunch on Your Own

Friday, November 13, 2006

10 a.m.-2 p.m. Shop at Dollar Store
Lunch at Old Country Buffet

CHARTER TRIPS

Reservations are required in advance. There is a \$1.00 bus fee. You must be registered with the center in order to go on any of the trips.

Activity: Trip to Graves Mountain Lodge

Date: Wednesday, October 18, 2006

Time: 9 a.m. – 4:30 p.m.

Location: Syria, VA

Info: Join us for a scenic trip to the foothills of the Blue Ridge Mountains & family style lunch at Graves Mountain Lodge by motorcoach with reclining seats & restrooms on board.

Cost: \$26 includes bus transportation, family style lunch, tax & gratuity.

Activity: Punjab Dhaba- Loehmann's Plaza

Date: Monday, October 23, 2006

Time: 10 a.m. – 2 p.m.

Location: Falls Church, VA

Info: Join us for some great Indian food or try Old Hickory Grill or Celebraties Deli all close together.

Cost: Suggested Amount \$10-\$15

Looking for Square Dancers!! Interested?

If you know someone who is, have them call us at 703-442-9075, TTY 711.



Podiatry: Appointments are taken for the podiatrist visit in advance. The podiatrist visits the third Tuesday of the month.

New Vendor for Food Service-Guest Services-

Beginning October 1, 2006 will begin a new contract with Fairfax County. The meals will be at the same cost based on income you pay a donation from \$1 to \$5 dollars. You will have 3 options (Hot lunch, Cold lunch, or Vegetarian). There is a change as far as you will need to sign up the day before by 1p.m. If you need to cancel we can let Guest Services know in the morning if there is a cancellation by 8 a.m.

More Scheduled Programs

(see monthly calendar)



Classes that cost Money

Next 8 week sessions dates- Please sign up and pay with Staff prior to class date. Please pay \$5.00 for 8 week session. To participate you must be registered with the center. If you have any questions give us a call at the center 703-442-9075, TTY 711.

Pilates

September 7, 2006 - October 26, 2006

(Next Session will be November 2-December 28)

Thursdays, 11:15 a.m.

Yoga

August 23, 2006 - October 11, 2006

(Next Session will be October 16-December 6)

Monday & Wednesday, 10 a.m.

Functional Fitness

August 23, 2006 - October 11, 2006

Monday & Wednesday 11 a.m.

(aerobics, weights, bands, balls & more)

(Next Session will be October 16-December 6)

Free classes

Movement to Tuesday & Thursday 10 a.m.

Music Exercises:

Tai Chi Exercise Monday & Thursday 1 p.m.

P.A.C.E.
(Exercise)

(People with Arthritis Can

Tuesdays and Fridays
11 - 11:30 a.m.

The Newsletter's Special Senior Helen Carter

Helen Carter was born in Fairfax Co. in the Tyson's Corner area. She has watched the area around her home grow over the years. Helen started coming to the Lewinsville Senior Center in 2003. She enjoys our exercise programs and the musical programs as well. Helen is very enthusiastic about our weekly Bingo games and almost every lunch that she has at the center is her favorite. Next time you see her, say hello to Helen and ask her how Tyson's corner has changed since she was a little girl.

Caregivers:

Blood pressure and Glucose

10 a.m. - 11:45 a.m.

Thursday, October 19, 2006

This service will be offered Thursday, October 19, 2006, from 10 a.m. - 11:45 a.m. If you are interested in this testing service, please fill out the required form (available at the center) before the 28. Ask a staff member to assist you in filling out the form. Information required on the form: your full name, phone number, doctors full name, phone number, address. Bring your Medicare card or at least your Medicare number. This testing service is on a first-come first- served basis and space is limited. Please do not drink or eat anything with sugar the morning if you are taking the Glucose test.

Bazaar and Crafts- Will be held Thursday, October 26 and Friday, October 27. We are still taking donations. The bazaar will be 8 a.m.- 4 p.m. This is fundraiser for Lewinsville Senior Center Advisory Council.

**Lewinsville Senior Center will be closed
in observance of a County Holiday on:**

Monday, October 9, 2006

Friday, November 10, 2006

Thursday, November 23, 2006

Friday, November 24, 2006

Lewinsville Senior Center

1609 Great Falls St.
McLean, VA 22101

OCTOBER HIGHLIGHTS

CVS: Talk on Headache Management

Monday, October 2, 2006, 11:15 a.m.

World Smile Day

Friday, October 6, 2006, 12:30 p.m.

Inova- Fight the Flu Program-Shots

Thursday, October 12, 2006, noon – 3 p.m.

Lynn McCune- in ADHC- Singing and dancing

Monday, October 16, 2006, 12:45 p.m. - 1:45 p.m.

Graves Mountain Lodge- call center for details

Wednesday, October 18, 2006, 9 a.m.-4:30 p.m.

Glucose & BP Checks

Thursday, October 19, 2006, 10 a.m. - noon

Bazaar and Crafts

Thursday, October 26, 2006 and Friday,
October 27, 2006, All day (8 a.m. – 4 p.m.)

Halloween Parade

Monday, October 30, 2006, 10:30 a.m.

Brian Rudolph- in ADHC- Singing and dancing

Monday, October 30, 2006, 11a.m.- Noon.

Birthday Party

Monday, October 30, 2006, 12:30 p.m.

NOVEMBER HIGHLIGHTS

CVS: Talk on Neuropathies

Monday, November 6, 2006, 11:15 a.m.

Trip to Little River Glen Senior Center

Thursday, November 9, 2006, 10:15 a.m.-2 p.m.

Remembering Veterans

Thursday, November 9, 2006, 12:30 p.m.

Trip to Herndon Senior Center- Red Hat Social

Monday, November 13, 2006, 10 a.m.- 2 p.m.

Glucose & BP Checks

Thursday, November 16, 2006, 10 a.m.-noon

Birthday Party

Thursday, November 30, 2006, 12:30 p.m.



Fairfax County is committed to a policy of nondiscrimination in all county programs, services and activities and will provide reasonable accommodations upon request. To request special accommodations call 703-324-4386, TTY 703-222-9693. Please allow ten working days in advance of the event in order to make the necessary arrangements.

Monday	Tuesday	Wednesday	Thursday	Friday
2 10:00 Gentle Yoga In Room 103 11:00 Functional Fitness 11:15 CVS Talk on Managing Headaches noon LUNCH 1:00 Tai Chi Exercises 1-4 Canasta	3 9:30 Contract Bridge 10:00 Movement to Music 11:00 P.A.C.E. Exercise Class noon LUNCH 12:30-4 Bridge In Room 103	4 10:00 Yoga In Room 103 10:30 Bingo For Prizes 11:00 Functional Fitness noon LUNCH 1:00 Square Dancing	5 9:30 Contract Bridge 10:00 Movement to Music 10:30 Walking Program 11:15 Pilates noon LUNCH 1:00 Tai Chi Exercise 1-4 Canasta	6 10-2 Shopping at Wal*Mart w/ Lunch on Your Own 10:30 Walking Program 11:00 P.A.C.E. Exercise Class noon LUNCH 12:30 Rummikub 12:30 World Smile Day
9 10:00 Gentle Yoga In Room 103 10:30 Walking Program 11:00 Functional Fitness noon LUNCH 1:00 Tai Chi Exercises 1-4 Canasta	10 9:30 Contract Bridge 10:00 Movement to Music 10:30 Walking Program 11:00 P.A.C.E. Exercise Class noon LUNCH 12:30-4 Bridge In Room 103	11 10:00 Yoga In Room 103 10:30 Bingo For Prizes 11:00 Functional Fitness noon LUNCH 1:00 Square Dancing 1:00 Walking Program	12 9:30 Contract Bridge 10:00 Movement to Music 10:30 Walking Program 11:15 Pilates noon LUNCH 1:00 Tai Chi Exercises 1-4 Canasta	13 10-2 Shopping at Factory Card Outlet w/ Lunch I. H. O. P. 10:30 Walking Program 11:00 P.A.C.E. Exercise Class noon LUNCH 12:30 Rummikub
16 10:00 Gentle Yoga In Room 103 10:30 Walking Program 11:00 Functional Fitness noon LUNCH 1:00 Tai Chi Exercises 1-4 Canasta	17 9:30 Contract Bridge 10:00 Movement to Music 10:30 Walking Program 11:00 P.A.C.E. Exercise Class noon LUNCH 12:30- 4 Bridge In Room 103	18 9-4:30 Trip to Graves Mt. Lodge 10:00 Yoga In Room 103 10:30 Bingo for Prizes 11:00 Functional Fitness noon LUNCH 1:00 Square Dancing 1:00 Walking Program	19 9:30 Contract Bridge 10:00 Movement to Music 10-12 Glucose & BP Checks 10:30 Walking Program 11:15 Pilates noon LUNCH 1:00 Tai Chi Exercises 1-4 Canasta	20 10-2 Shopping at Target w/ Lunch at Harvest Moon 10:30 Walking Program 11:00 P.A.C.E. Exercise Class noon LUNCH 12:30 Rummikub
23 10:00 Gentle Yoga In Room 103 10:30 Walking Program 11:00 Functional Fitness noon LUNCH 1:00 Tai Chi Exercises 1-4 Canasta 1:00 Large Crossword	24 9:30 Contract Bridge 10:00 Movement to Music 10:30 Walking Program 11:00 P.A.C.E. Exercise Class noon LUNCH 12:30- 4 Bridge In Room 103 12:30 Trivia	25 10:00 Yoga In Room 103 10:30 Bingo For Prizes 11:00 Functional Fitness noon LUNCH 1:00 Square Dancing 1:00 Walking Program 1:00 Brain Teasers	26 8-4 Bazaar and Crafts 10:00 Movement to Music 10:30 Walking Program 11:15 Pilates noon LUNCH 1:00 Tai Chi Exercises 1-4 Canasta	27 8-4 Bazaar and Crafts 10-2 Shopping at Fair Oaks Mall w/ Lunch on Your Own 10:30 Walking Program 11:00 P.A.C.E. Exercise Class noon LUNCH 12:30 Rummikub
30 10:00 Gentle Yoga In Room 103 10:30 Halloween Parade 11:00 Functional Fitness noon LUNCH 12:30 Birthday Party 1:00 Tai Chi Exercises 1-4 Canasta	31 9:30 Contract Bridge 10:00 Movement to Music 10:30 Walking Program 11:00 P.A.C.E. Exercise Class noon LUNCH 12:30-4 Bridge In Room 103 12:30-1:30 Large Crossword			

October 2006 Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Lentil Soup Tossed Salad Beef Stew w/ Noodles Stewed Apples Sliced Peaches	3 Tomato Soup Cranberry Sauce Grilled Chicken Breast Scalloped Potatoes Green Peas Jell-o	4 Chicken Noodle Soup Fruit Salad Salisbury Steak w/ Gravy Mashed Potatoes Green Beans Fruit Pie	5 Cream of Potato Soup Garden Salad Baked Ziti w/ Italian Sausage Fresh Melon	6 Vegetable Soup Coleslaw Baked Salmon Oven Browned Potatoes Stewed Tomatoes Pudding
9 SENIOR CENTER IS CLOSED IN OBSERVANCE OF A COUNTY HOLIDAY (COLUMBUS DAY)	10 Chicken Vegetable Soup Garden Salad Baked Meat Loaf w/ Gravy Garlic Potatoes Italian Vegetables Peach Crisp	11 New England Clam Chowder Three Bean Salad Bar B Q Baked Chicken Baked Potato Seasoned Spinach Frosted Cake	12 Beef Noodle Soup Beef Pepper Steak Over Rice Oriental Mixed Vegetables Fruit Tart	13 Split Pea Soup Coleslaw Baked Fish Rosemary Potatoes Fresh Fruit
16 Vegetable Soup Tossed Salad Chicken Fettuccine Alfredo Fruit Pie	17 Cream of Mushroom Soup Baked Ham w/ Pineapple Sauce Sweet Potatoes Asian Blended Vegetables Pudding Cup	18 Chicken & Rice Soup Beet Salad Baked Fish Baked Potato Baby Carrots Fresh Fruit	19 Navy Bean Soup Garden Salad Baked Italian Chicken Scalloped Potatoes Fruited Jell-o	20 Chicken Noodle Soup Carrot Slaw Swiss Steak Oven Browned Potatoes Seasoned Greens Fresh Fruit
23 Beef Vegetable Soup Tossed Salad Spaghetti w/ Meat Sauce Fresh Fruit	24 Bean Soup Peach Cottage Cheese Salad Roast Pork Loin w/ Gravy Whipped Potatoes Mixed Vegetables Baked Cookies	25 Cream of Broccoli Soup Baked Chicken Breast Marsalis Baked Potato Cauliflower Layer Cake	26 Tomato & Rice Soup Garden Salad Beef Stroganoff Over Noodles Sugar Snap Peas Fruit Cobbler	27 Chicken Vegetable Soup Baked Salmon Loaf w/ Lemon Sauce Oven Browned Potatoes Asian Blended Vegetables Lemon Meringue Pie
30 Cream of Mushroom Soup Tomato Salad Beef Pot Roast Mashed Potatoes w/ Gravy Fresh Squash Fruit Crisp	31 Beef & Rice Soup Garden Salad Baked Lasagna w/ Tomato Sauce Fresh Fruit		Donations Meal: 60 Years & Above Monthly Income & Donation Amt: \$ 0 - \$883 \$1/meal \$ 884 - \$1, 324 \$2/meal \$ 1, 325 - \$1, 764 \$3/meal \$ 1, 765 - \$2, 645 \$4/meal \$ 2, 646 & Above \$5/meal	Alternate Menu: Vegetarian or Cold Lunch (See Next Page) All lunches served with salad, bread, butter and choice of: whole, 2%, or non-fat milk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Vegetarian: Cheese Tortellini Cold Lunch: Tuna Salad Sandwich Platter	3 Vegetarian: Vegetable Burger Cold Lunch: Cottage Cheese Fruit Plate	4 Vegetarian: Fried Rice w/ Vegetables Cold Lunch: Egg Salad Sandwich Platter	5 Vegetarian: Meatless Baked Ziti Cold Lunch: Chef Salad	6 Vegetarian: Baked Macaroni & Cheese Cold Lunch: Chicken Salad Cold Plate
9 SENIOR CENTER IS CLOSED IN OBSERVANCE OF A COUNTY HOLIDAY (COLUMBUS DAY)	10 Vegetarian: Vegetarian Lasagna Cold Lunch: Cottage Cheese Fruit Plate	11 Vegetarian: Egg Plant Parmesan Cold Lunch: Egg Salad Sandwich Platter	12 Vegetarian: Meatless Baked Ziti Cold Lunch: Tuna Salad Cold Plate	13 Vegetarian: Baked Macaroni & Cheese Cold Lunch: Chicken Salad Cold Plate
16 Vegetarian: Vegetable Fettuccine Alfredo Cold Lunch: Roast Beef & Cheese Sandwich Platter	17 Vegetarian: Red Bean Stew Over Rice Cold Lunch: Turkey Salad Cold Plate	18 Vegetarian: Egg Plant Parmesan Cold Lunch: Ham Salad Sandwich Platter	19 Vegetarian: Cheese Ravioli Cold Lunch: Cottage Cheese Cold Platter	20 Vegetarian: Baked Macaroni & Cheese Cold Lunch: Chicken Salad Cold Plate
23 Vegetarian: Spaghetti w/ Marinara Sauce Cold Lunch: Egg Salad Sandwich Platter	24 Vegetarian: Cheese Ravioli Cold Lunch: Turkey Salad Cold Plate	25 Vegetarian: Italian Egg Plant Cold Lunch: Cottage Cheese Cold Plate	26 Vegetarian: Red Bean Stew Over Noodles Cold Lunch: Tuna Salad Cold Plate	27 Vegetarian: Baked Macaroni & Cheese Cold Lunch: Ham & Cheese Sandwich Plate
30 Vegetarian: Egg Spinach Bake Cold Lunch: Tuna Salad Platter	31 Vegetarian: Vegetable Massena Cold Lunch: Ham & Cheese Sandwich Cold Plate		Donations Meal: 60 Years & Above Monthly Income & Donation Amt: \$ 0 - \$883 \$1/meal \$ 884 - \$1, 324 \$2/meal \$ 1, 325 - \$1, 764 \$3/meal \$ 1, 765 - \$2, 645 \$4/meal \$ 2, 646 & Above \$5/meal	Alternate Menu: Vegetarian or Cold Lunch All lunches served with salad, bread, butter and choice of: whole, 2%, or non-fat milk.